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Students feel what it's like to have a horrific car crash.

**General Election
fast approaching.
Don't forget to
vote
June 7th.**



Tribes share environmental concerns

John Kozlowszc
Staff Writer

In the Annual State of Tribes Address given before a joint session of the Wisconsin State Legislature on April 13, Michael Wiggins, Jr., Chairman of the Bad River Band of Lake Superior Chippewa stressed the need to balance economic development with environmental stewardship.

Aware that developers have proposed opening an open-pit iron ore mine near the Bad River reservation in Ashland County, Wiggins is concerned how the mine would disturb the natural resources in the area. Noting that throughout its history, "Wisconsin people have been connected to the trees and the water in the state," he now fears "that no one is talking about the risks associated with mining."

Although he is grateful that in the past the tribes' relationship with state agencies has helped the tribes develop the natural resources on their lands, he added that while the proposed mining development could

create jobs in an area where jobs are needed, the Bad River Tribe deserves to have a say in the project. The reservation is located close to the proposed mine and Wiggins stressed "we expect to have the right to negotiate when a project affects our land and our people. If all we pass on to future generations is the protection of our resources that will be a remarkable accomplishment."

He reported that although the states' 11 tribes are unique and have their own individual issues and concerns, working together with the state, collectively the tribes have helped each other move forward. Among recent accomplishments, he praised the Wisconsin Legislature for passing the Indian Child Welfare Act and Tribal Law Enforcement Act, laws created to give Native people more control over their own lives. He also thanked the lawmakers for passing legislation that bans the use of Native American mascots in public school districts and for passing Act 31, that requires students be exposed to Native history at regular intervals when attending Wisconsin public schools. Although much has been accomplished by working together with the state,

Wiggins explained the tribes realize much can be done by working together. "We don't take our government-to-government relationship with the state for granted," he said.

Wiggins stressed that by working together with state, county and local agencies, the state's 11 tribal governments have contributed to the State of Wisconsin. He stated that along with the 18,000 jobs directly created in tribal enterprises and government, the tribes have indirectly contributed to the creation of an additional 100,000 jobs in communities near tribal reservations and properties. In addition, he stated that tribal governments, their members and their employees pay \$ 87 million in state and federal taxes annually.

Tourism is a major industry in Wisconsin and to support the industry, Wiggins said that this year, the tribes will contribute over one-third of the state's tourism budget, a contribution of about \$ 9.6 million. He also noted that throughout the state many local municipalities and cities are dependent on tribal dollars to provide services.

He concluded that while the tribes are committed

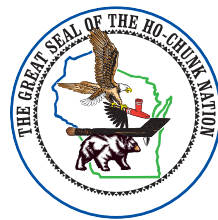


Ho-Chunk Nation Veterans Service Officer Robert Mann carries in the Ho-Chunk Flag.

to creating jobs on and off the reservations and caring for the needs of our people, they remain committed to conservation. "We've seen our people take care of each other and Mother Earth for generations," he said. "We hope we can find a balance between bringing an end to this recession while still exemplifying the environmental stewardship that is entwined in our history."

Following the speech, Ho-Chunk Nation President Wilfrid Cleveland stated that the states' 11 Sovereign

Nations have much to offer and would like to become a stronger partner with the State of Wisconsin. Noting the role that the tribes play in shaping the state's economic climate, Cleveland stresses that "we have a lot at stake."



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Want something special placed in the Hocak Worak? Limited space is available so send your request in early. Submissions will be handled on a first come first serve basis.




Veterans from the 11 Wisconsin tribes gather outside at the state capitol before entering with the colors.

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Let the Hocak Worak help celebrate your achievements. Send us your pictures!! Whether you are a head start, high school, or college graduate, send in a picture with your name, where you are graduating from, and a brief description of your future endeavors.

With so much uncertainty in the world, a heartfelt congratulation is due to all those that have made the countless sacrifices necessary to graduate. And for those that feel there efforts are unproductive, **DON'T GIVE UP, YOU CAN DO IT!**

A special section of the Hocak Worak will be used to show your achievements!

Please email or mail to the Hocak Worak by June 3rd, for the June 10th edition of the Hocak Worak.

Build safety in tornado shelter and lightning rods

Every year, severe weather kills a lot of people. If they had a tornado shelter, this might not happen.

What’s needed is a building code law that requires all homes and businesses to add a tornado shelter. It should be required in all future construction of homes, churches, schools and businesses. Insurance companies might help keep children safe. Lightning rods help keep people and property safe.

More people might be alive today if this were a law and it had been enforced.

Pat Greyhair,
Ma xi ska gah

Oops!!

We apologize for the mix-up. We put Delphine Black-coon’s picture in our story instead of Helen Lonetree.

Ho-Chunk Health Care Center in Black River Falls

Diabetes Learning Circle

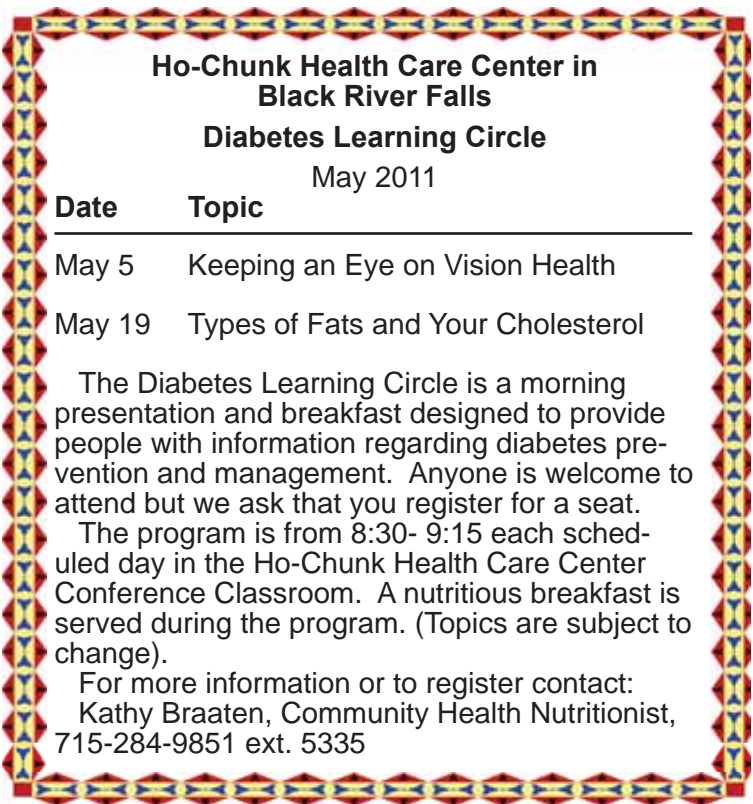
May 2011

Date	Topic
May 5	Keeping an Eye on Vision Health
May 19	Types of Fats and Your Cholesterol

The Diabetes Learning Circle is a morning presentation and breakfast designed to provide people with information regarding diabetes prevention and management. Anyone is welcome to attend but we ask that you register for a seat.

The program is from 8:30- 9:15 each scheduled day in the Ho-Chunk Health Care Center Conference Classroom. A nutritious breakfast is served during the program. (Topics are subject to change).

For more information or to register contact:
Kathy Braaten, Community Health Nutritionist,
715-284-9851 ext. 5335



RESIDENT SPRING CLEAN-UP INFORMATION

The Department of Housing, in coordination with the Health Department, HHCDa and Tribal Aging Unit will conduct “Spring Clean-up”. “Spring Clean-up” will be conducted in the following areas; Augusta, Baraboo, Black River Falls, Dells Dam, Fairchild, La Crosse, Lyndon Station, Mauston, Nekoosa, Osseo, Reedsberg, Tomah, Wisconsin Dells, Wisconsin Rapids, and Wittenberg. The calendar shows the scheduled pick-up dates for each area.

IMPORTANT; please complete the “Spring Clean-up” form (available at TAU, Health and Social Services) and fax it to 608-374-1233 or return it to the Housing Department SEVEN DAYS before the scheduled pick-up date or call Housing at 608-374-1225 to apply for Spring Clean-up.

The Housing Staff will notify you two days prior to your scheduled pick-up date.

The Housing staff will not make return trips to an address. Tags will be placed on the door and a picture taken of the pick-up area when pick-up items are not at the designated pick-up site.

- EXCEPTION: Return trips to an address or for an unscheduled stop will require a \$50.00 fee to be paid prior to the pickup.
- The Housing staff WILL take appliances, furniture, tires (limit 10), batteries, lawn mowers, grills, bicycles, mattress, and other bulk items. The Housing staff WILL NOT take trash, garbage, lawn clippings, tree branches, oil or other automotive fluids, roof shingles, or items that pose a hazard, such as chemicals, paint, fuel, aerosol containers, etc.
 - Place all pick-up items at the beginning of the driveway, road or the curbside the night before the scheduled first pick-up date for your area! Because of the liability issue, the Housing staff will not drive onto the property; go into the backyard, enter the house, garage, or shed to pick up items.
 - HHCDa will provide the details of their Spring Clean-up in their communities.
- Thank You
Ho-Chunk Nation Department of Housing
Reminder: Due to high fuel costs we will not make return trips to an address or area.

MAY					
	Mon	Tue	Wed	Thu	Fri
	2 Maplewood	3 BRF Rural	4 BRF Rural	5 Mission	6 Mission
	9 Mission	10 BRF City	11 Dells Dam	12 Dells Dam	13 Wrap up BRF
	16 Augusta Osseo Fairchild	17 Wisconsin Rapids	18 Nekoosa	19 Vesper	20 Vesper
	23 Mauston	24 Mauston	25 Lydon Station	26 Timber Run	27 Baraboo Reedsberg
	30 <u>No pick up</u> <u>Memorial Day</u>	31 Dells city			

2011

May Elders Birthdays



1	Renee Coleman	Maynard Rave Sr.	23	Dexter
	Amos Kingsley	Jeremy Rockman		Yellowthunder
3	Alvina Bolinski	Wanda Schaefer	24	Virginia Dixon
4	Carlos Funmaker	15 Carole St. Cyr		Richard Snake
	Joyce Penland	16 Mary Bernhardt	25	Stella Soldier
	Forrest Green	Earle Stephens		Frances Wentz
5	Phillip Vann	18 Gloria White	26	Louis Decorah
6	Allen Cloud	Thunder		Arlene
	Ray Thundercloud	19 Lillian Longtail		Shegonee-Elwort
7	Riley Sine	Orval Tipton Jr.	27	Rosalie
9	Nancy Prescott	Daniel Whitehorse		Brownthunder
	Carl Hernandez	20 Wilfrid Cleveland		Herbert Cleveland
11	Larry Paulson	Louisa Decora	30	Richard Lowe
	Gerhard Sine	Joyce Warner		Yvonne Smith
	Sandra Smith	21 Roy Greengrass		Truman Williams
12	Cecil Garvin	Maxine Kolner		Sr.
13	Glenn White Eagle	Kate Martin	31	Eugene Cloud
14	Larry Garvin			

The Nation’s Diabetes BASICS program

John Kozlowicz
Staff Writer

During a breakout session that was part of the **6th Annual Keeping Hope Alive Wellness Conference**, held April 6-7 at Ho-Chunk Convention Center, Ho-Chunk Nation Exercise Physiologist, Chris Frederick explained the Nation’s Diabetes BASICS Program, an educational program offered by the Nation’s health providers.

The six-session program focuses on helping those diagnosed with diabetes or pre-diabetes learn to manage their blood glucose (sugar levels) by using the educational tools provided to prevent or help people live with the disease.

Frederick explained that in the United States there are an estimated 23 million people with diabetes, including six million who don’t even know they have it. Up to 41 million people may have pre-diabetes, showing some of the risk factors that can lead to full development of the disease.

Because poor lifestyle

choices in exercise and diet habits are thought to be the major causes of diabetes, Frederick stressed that along with helping a person stay trim, physical activity can help control blood glucose levels and help a person use his/hers insulin more effectively. He warned that inactivity can cause a weight problem and a weight problem can cause diabetes.

Started in 2010, the BASICS Program provides participants the opportunity to learn more about managing and living with diabetes. The program consists of six classes held over five or six months. The first meeting is a three-hour session, all others last two hours. They include:

- Session 1: An introduction class that explains what diabetes is, diabetes treatment plans, healthy food plans, carbohydrate counting and the importance of physical activity.
- Session 2: Discussion about hypo and hyperglycemia, sick day management, diabetes success plans, how to get the most out of your

food plan, diabetes and alcohol. Introduces a chair exercise.

- Session 3: Teaches how to manage and prevent complications with physical activity.
- Session 4: Discussion centers on diabetes changes over time, staying healthy for a lifetime, healthy feet, risk factors and heart health, blood fats and heart health and the secrets of success.
- Session 5: The focus is on the ups and downs of diabetes management (including an evaluation of your treatment plan), managing stress, when life gets in the way, more on healthy eating, weight loss, keeping active and staying in charge of your diabetes.
- Session 6: Diabetes conversion maps.

Classes are open only to Native Americans. An assessment must be completed before class. Lab work may also need to be completed. Lab work must have been done within three months of the start of the class. Sessions are scheduled



Ho-Chunk Nation Health Providers who presented information at the Keeping Hope Alive Wellness Conference included (standing l-r): Chris Frederick, Kathy Braaten, Kathleen Clemons, Kristi Kvist, Betty Kingsley and Laurie Duraney. Kneeling are Dr. Ted Hall (left) and Dr. Chandra Reddy.

to begin May 17 at the Wittenberg TAU, June 6 in Black River Falls Health Clinic, June 14 at the House of Wellness and June 22 at the Blue Wing Community

Center.

If interested, contact Rachel Montana or Tina McArthur at 715-284-9851.

Fifty ways to prevent diabetes

John Kozlowicz
Staff Writer

Native Americans are at a high risk of developing Type 2 diabetes and being overweight increases that risk. But there is good news. Losing a small amount of weight by getting 30 minutes of physical activity five days a week and eating healthy will help prevent diabetes.

The United States Department of Health & Human Services in its *Small Steps for Big Rewards* program, lists 50 ways to reduce the risk of getting diabetes, a disease that, according to the American Diabetes Association, affects about 23.6 million Americans, or 7.8 percent of the population.

Reduce portion sizes:

- 1) **Less on your plate, Nate.**
- 2) Keep meat, poultry and fish servings to about three ounces (about the size of a deck of cards.)
- 3) Make less food look like more by serving your meal on a salad or breakfast plate.
- 4) Try not to snack while cooking or working in the kitchen.
- 5) Try to eat sensible meals and snacks at regular times throughout the day.
- 6) Make sure to eat breakfast every day.
- 7) Use broths and cured meats (smoked turkey and turkey bacon) in small amounts. They are high in sodium. Low sodium broths are available in cans and powder.
- 8) Share your desserts.
- 9) When eating out, have a big vegetable salad, then split an entrée with a friend or have

- the other half wrapped to go.
- 10) Stir fry, broil or bake with a non-stick spray or low sodium broth and try to cook with less oil and butter.
- 11) Drink a glass of water or other, “no-calorie” beverage 10 minutes before your meal to take the edge off your appetite.
- 12) Select the healthier choice at fast food restaurants. Try grilled chicken instead of the cheeseburger. Skip the French fries or replace the fries with salad.
- 13) Listen to music while you eat instead of watching TV. (People tend to eat more watching TV.)
- 14) It takes 20 minutes for your stomach to send a signal to your brain that you’re full. Eat slowly.
- 15) **Eat a small meal, Lucille.**
- 16) Teaspoons, salad forks, or child-size utensils may help you take smaller bites and eat less.
- 17) You don’t have to cut out the foods you love to eat. Just cut down on your portion size and eat less often.

Add more physical activity to your daily routine.

- 18) **Dance it away, Faye.**
- 19) Show your kids the dances you used to do when you were their age.
- 20) Turn up the music and jam while doing household chores.
- 21) Deliver a message to a co-worker instead of e-mailing.
- 22) Take the stairs to your office. Or take the stairs as far as you feel comfortable, then take the elevator.
- 23) Make a few less phone calls. Catch up with friends during a regularly scheduled walk.

- 24) March in place while you watch TV.
- 25) Park as far away as possible from your favorite store at the mall.
- 26) Select an exercise video from a store or library.
- 27) Get off the bus one stop earlier and walk the rest of the way home or to work at least two days a week.

Make healthy food choices

- 28) **Snack on a veggie, Reggie**
- 29) Try getting at least one new fruit or vegetable every time you grocery shop.
- 30) Macaroni and low-fat cheese can be a main dish. Serve it with your favorite vegetable dish and a salad.
- 31) Try eating foods from other countries. Many international dishes feature more vegetables, whole grains and beans, and less meat.
- 32) Cook with a variety of spices and less salt.
- 33) Find a water bottle you really like and drink water from it wherever and whenever you can.
- 34) Always keep a healthy snack with you.
- 35) Choose veggie toppings like spinach, broccoli and pep-

pers for your pizza.

- 36) Try different recipes for baking or broiling meat, chicken and fish.
- 37) Try to choose foods with little or no added sugar.
- 38) Gradually work your way down from whole milk to 2% milk to 1% milk until you’re drinking and cooking with fat free (skim) milk.
- 39) Try keeping a written record of what you eat for a week. It can help you see when you tend to overeat or eat foods that are high in fat or calories.
- 40) Eat foods made from a variety of whole grains-such as whole wheat bread, brown rice, oats and whole grain corn-every day. Use whole grain bread for toast and sandwiches; substitute brown rice for white rice for home cooked meals and when dining out.
- 41) Don’t grocery shop on an empty stomach. Make a list before you go.
- 42) Read food labels. Choose foods with lower fat, saturated fat, calories and salt.
- 43) Fruits are colorful and make a welcoming center piece on any table. Have a nice chat while sharing a bowl of fruit

with family and friends.

- 44) Slow down at snack time. Eating a bag of low-fat popcorn takes longer than eating a slice of cake. Peel and eat an orange instead of drinking orange juice.

Nurture your mind, body and soul

- 45) **You can exhale, Gail**
- 46) Don’t try to change your entire way of eating and exercising all at once. Try one new activity or food a week.
- 47) Find mellow ways to relax. Try deep breathing, take an easy paced walk or enjoy your favorite easy listening music.
- 48) Give yourself daily “pampering” time and honor this time like any other appointment you make; whether it’s spending time reading a book, taking a long bath or meditating.
- 49) Try not to eat out of boredom or frustration. If you’re not hungry, do something else.
- 50) Honor your health as your most precious gift.

There are many more ways to prevent Type 2 diabetes with healthy eating and physical activity. Discover your own and share it with your family, friends and neighbors.

The Hocak Worak is a periodical published twice monthly by the Ho-Chunk Nation. Editorials and articles appearing in the Hocak Worak are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the Hocak Worak staff or the Ho-Chunk Nation.

The Hocak Worak encourages the submission of letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content.

The Hocak Worak reserves the right to reject any advertising, material, or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the Hocak Worak. The Hocak Worak will not assume any responsibility for unsolicited material.

Submissions deadlines for the Hocak Worak are by 4:30 PM. We cannot guarantee the publication of submissions meeting these deadlines if the space is not available. No part of this publication may be produced without express written consent from the Editor.

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Attention: The Next Deadline of the Hocak Worak will be May 6th, which will be published on May 13th. Please contact Enrollment at ext. 1015 if you have a change of address or would like to be placed on the mailing list.

Counting carbs

Developing a meal planning strategy to fight diabetes

John Kozlowicz
Staff Writer

Speaking at the 6th Annual Keeping Hope Alive Wellness Conference, held April 6-7 at Ho-Chunk Convention Center, Kathy Braaten, a Nutritionist with the Nation’s Department of Health, explained how controlling the amount of carbohydrates eaten at one time can help keep glucose (sugar) levels at target, an important factor in controlling the potential complications from diabetes.

Braaten explained that a consistent intake of carbohydrates (that serve as the body’s fuel) should be an important part of everyone’s food plan. She encourages people with diabetes to come up with a food plan that includes eating three times a day. Snacks, spaced at regular intervals between meals, can serve as a means of maintaining a consistent intake of carbohydrates

throughout the day.

Because when and what a person eats affects their glucose levels, Braaten stressed that people with diabetes should take the time to learn what foods are healthier to eat and how many carbohydrates they consume at each meal. Part of the process is learning to read and understand food labels.

She suggested that each lunch and dinner should include a plate that is half filled with non-starchy vegetables, like carrots or beans, foods that have little or no carbohydrates. Protein foods like meat and meat substitutes have no or little carbohydrates, as do fats like margarine and butter. An average serving of meat is about three ounces and Braaten suggested that servings of meat, fish and poultry be baked, boiled, broiled, roasted or grilled.

Carbohydrates are needed

to maintain the energy needed to keep going and foods with carbohydrates should be included at each meal. Fruits, grains, beans, starchy vegetables, milk and yogurt should be a part of each meal.

Free foods have five or fewer grams of carbohydrates and fewer than 20 grams of fat per serving. They can serve as healthy between meal snacks as they have no significant effect on blood glucose levels. Unlimited snacks include coffee, diet soft drinks, tea, water, broth or bouillon, sugar-free gelatin and salad greens. Up to three small servings of jam, jelly, sugar free popsicles, raw vegetables and yogurt can be taken throughout the day.

Although it does take time and practice to learn carb counting, Braaten explained that eating 60 grams of carbohydrates at every meal should generally keep blood sugar levels in target, if they

were in target prior to eating.

When planning meals, Braaten noted that it’s important to be consistent. “Carbs cannot be saved from meal to meal and need to be included in each meal.” As a precaution, she advised that everyone with diabetes carry glucose tablets or candy in case their blood sugar level gets too low.

Her “Take Home Messages” included:

- Watch the sizes of carbohydrate foods
- Space carbohydrate foods evenly throughout day. Don’t skip meals.
- Avoid drinks sweetened with sugar
- Try filling half your plate with non-starchy vegetables at lunch and dinner.

Aware that everyone has individualized needs, Braaten encouraged everyone to follow up with a registered dietician or diabetes instructor for further carbohydrate



Nutritionist Kathy Braaten encourages everyone to establish a Diabetes Food Plan and start counting carbs.

counting and blood sugar management as needed. She asked that some people consider enrolling in the Nation’s Diabetes BASICS classes or another diabetes education program.

Living with pre-diabetes

John Kozlowicz
Staff Writer

A form of diabetes, pre-diabetes can lead to nerve and eye damage. While pre-diabetes can last for up to 20 years before developing into full blown diabetes, Ho-Chunk Nation Diabetes Educator Kathleen Clemons warned that if left untreated, pre-diabetes can lead to more serious complications.

Appearing at the 6th Annual Keeping Hope Alive Wellness Conference, held at Ho-Chunk Convention Center, April 6-7, Clemons defined pre-diabetes and what those diagnosed with the disease can do to help themselves.

Pre-diabetes is defined by the body developing a resistance to insulin, leading to higher insulin and glucose

levels. The insulin resistance leads to high blood sugar because the sugar is not released from the pancreas into the blood cells. Glucose levels may go above normal but are not high enough for the person to be diagnosed



Kathleen Clemons explains the risks of ignoring pre-diabetes.

with diabetes. Taking action here may prevent or delay the start of diabetes.

Pre-diabetes is diagnosed when a person’s fasting blood sugar is 100-125. It can also be diagnosed from a two hour oral glucose test that reveals a blood sugar range of 140-199. New testing looks at the blood sugar level over 90 days.

Clemons explained that learning more about the disease and its causes can prevent diabetes. One available educational tool is the Diabetes BASICS program offered at various locations throughout Ho-Chunk Country. As part of the learning process, people in the program learn to count carbohydrates, an important step in keeping weight and blood sugars under control. The class also encourages

people to monitor their blood sugars by checking the level before and two hours after a meal. When the blood sugars are out of range, people are encouraged to see a provider.

Although there are drugs available that target diabetes, Clemons stated that by changing lifestyle habits, a person can control the symptoms.

She stressed the importance of getting regular physicals that include eye exams and feet checks along with regular blood work. “Don’t skip your annual physical exams,” she warned. “A lot can happen in a year.”

Because creating and following healthy diet and exercise plans are seen as the keys to preventing pre-diabetes, Clemons encouraged everyone to recommit to a

healthier lifestyle. “Create a successful plan today and set reasonable goals. Don’t make a promise to jog three miles five days a week if you’ve been inactive,” she said. Instead set a goal to walk at least 15 minutes for three days each week for the next three months. Rather than stating “I will eat better snacks from now on,” make a plan to limit snacks to one or two carb choices.

Those wanting help are invited to make appointments with a Ho-Chunk Nation Registered Dietician and Exercise Physiologist and work to keep those appointments. Clemons concluded that through education and hard work, pre-diabetes can be prevented. She asked that everyone be a part of their healthcare team.

Dealing with a chronic illness

The emotional reactions when living with grief

John Kozlowicz
Staff Writer

At the recent 6th Annual Keeping Hope Alive Wellness Conference, held at Ho-Chunk Convention Center, April 6-7, Dr. Ben Boardman, a physician at the Ho-Chunk Health Clinic, discussed the mental and emotional trauma associated with dealing with a chronic condition.

“The Five Stages of Grief” was first introduced by Dr. Elisabeth Kubler Ross in her 1969 book *On Death and Dying*. The stages have now become an accepted model of the emotional stages that people face when faced with death, illness or other uncomfortable situations.

Dr. Boardman emphasized that while not all people

experience all of the emotions in the same order, if at all, the stages typically define how people feel when they feel threatened.

He continued that “we all die many times” as part of life’s transitions. Divorce, loss of a job, or watching the kids grow up and leave home are all typical events in everyone’s life that cause a part of them to die. Children become adults. Single people become partners and parents. Students become workers. All provide an example of a part of someone dying and a new person being born.

“Older people can’t run, eat or heel as they used to,” Dr. Boardman said. “The person you were is dead. The person you are was born.”

All through life we all

experience continuing change, he said. Some of those changes cause grief. How we deal with that grief can affect our relationship with others and can be defined in five stages.

Denial is usually only a temporary defense that stops you from moving forward. “This can’t be happening to me.”

Anger is the stage where learning can begin. Anger replaces denial. To overcome anger it must be recognized and exposed. A failure to express anger results in bitterness. “Why me? It’s not fair.”

Bargaining involves the hope that the individual can delay or postpone what is happening. “I will take my pills but I won’t check my

blood sugar” is a way of delaying the realization of living with diabetes. It is often fueled by regrets. “If only I would have....”

Depression is the stage associated with giving up. “I just can’t do this anymore.”

Acceptance is coming to terms with and living with who you have become. People are determined to go on with life as a new and changed person.

Dr. Boardman stated that it’s important to realize that there are some things you can change (the risk factors associated with diabetes) and some things that you can’t change (like growing older.) “You need to understand and recognize this.”

He concluded that everyone has a two-year-old in their



Dr. Ben Boardman explained the emotional trauma present when confronting a chronic illness.

brain. “Two-year-olds don’t like to be told what to do,” he said. “They get mad and throw tantrums.” As adults, “you have to begin telling that two-year-old to be quiet” and adjust to the situation.

Crash simulation brings reality to light

Sara L. Peterson
Staff Writer

On April 9, 2011 a crash simulation was held at the House of Wellness in Wisconsin Dells, at the request of Ho-Chunk youth. Students volunteered to play the roles of the “impaired” driver and injured passengers. In playing these roles the students were able to feel what it is like to have a horrific car crash change their lives forever.

Tragically, young teens die every year in car accidents ranging from driving under the influence to inattentive driving. Reading about a tragedy in your local newspaper or seeing something broadcast on your nightly news might catch your attention. It’s terrible, but it is a tragedy that nobody ever imagines happening to them. If the news is too upsetting, it’s easy to push the power

switch off or go to the next channel.

This demonstration required help from the Ho-Chunk Nation, local fire and rescue teams, as well as the police department. Through the combined efforts of these agencies and services, the mock crash demonstration simulated the arrest, rescue, and medical transport of the injured students and the death of the other.

The crash scene was set with four “victims”. There was a head on collision with the passenger of the one vehicle being thrown from the vehicle and pronounced dead upon arrival. Shards of glass littered the pavement, as Lake Delton Fire and Rescue and Patrol officers arrived.

An officer gave the driver of one vehicle a blood alcohol test in which she failed and was arrested and taken away in a squad car. Emergency

Rescue personnel rushed to the aid of the “victims” still in the vehicles. The EMT’s worked in a coordinated fashion as they removed the young woman from her vehicle.

The image of her being pulled from the vehicle and placed on a gurney to be transported to the ambulance was one that many will not forget. Students who were in attendance stated, “we felt the crash was very real like, if just one person changes their driving habits then the crash simulation was successful.”

From the helicopter flying over head to the Jaws of Life and glass littering the pavement, the mock crash was an event that will have people rethinking the choices they make behind the wheel. Those choices don’t just affect the person that makes them, but everyone involved.



Emergency personel getting ready to safely remove the “victim” from the vehicle.



Lake Delton Medivac Helicopter flying in to the crash scene.



Fire&Rescue team preparing to use the Jaws of Life.



Ho-Chunk youth Danee Walker from Wittenberg, volunteers as a crash recipient and lets the EMTs place a neck brace.

Walk for Awareness

John Kozlowicz
Staff Writer

April is Alcohol Awareness, Sexual Assault and Child Abuse Awareness/Prevention Month.

To help everyone recognize the dangers associated with these social illnesses, the Ho-Chunk Nation Department of Social Services-Division of Community Support Services sponsored a “Walk for Awareness” at Black River Falls on April 15.

Informational markers were placed throughout the walking trail near the Executive Building and for those who choose not to walk the trail; markers were also placed inside the building.

A Blue Ribbon Tree near the Health Clinic reminded the community to advocate on behalf of children and their families. The Blue Ribbon Tree is an international sign for child abuse prevention and serves as a reminder that we all have a responsibility to keep children safe.

Signs throughout the trail served as reminders of the negative effect that alcohol and drug abuse, sexual and child abuse can have on a community.

Some sobering statistics about alcohol abuse include:

- Statistics show that children of alcoholics, ages 9-12, have a lower self-esteem, poorer judgment, and a lower self-concept than other children in their class.
- If the mother is the alcoholic then the chances are more female children will become alcoholics.
- Children often BLAME THEMSELVES for the alcoholism because they see everything in relationship to themselves.
- The younger you are when you start drinking, the more likely you are to later have a problem with alcohol.
- There is nothing that will sober you up except time.
- Up to two-thirds of date rape cases involve alcohol.
- Alcohol related accidents are the #1 killer of teens.
- You ALWAYS have a choice on whether or not to drink.
- Alcohol is a cellular poison and affects essentially every organ.
- There are 10 million reported alcoholics. Each alcoholic affects an average of four other people.

What a staggering statistic!

- Alcoholics don’t know they are becoming alcoholics. “It just happens.”
- Fifty percent of all alcoholics were children of alcoholics.
- Alcoholism has become a family legacy. One is too many, 1,000 is never enough.

Statistics regarding child abuse and sexual violence were also place along the trail.

- One in 33 men have experience an attempted or completed rape. Seventy-five percent occurred before the man was 18, forty percent before 12.
- Sexual violence is a crime!!
- Consensual sexual activity is freedom from threats, intimidation, force, pressure, abuse of power or authority over others.
- By age 10, one in four girls will be sexually assaulted. By age 18, one in six boys will be assaulted.
- Sexual violence affects people of all genders, ages, races, religions, incomes, abilities, ethnicities and sexual orientations.
- A person can change his/her mind about sexual activity at any time and can withdraw consent.
- When everyone works together to help victims and hold perpetrators responsible, negative effects can be lessened.
- Sexual violence affects women, men and children throughout their lives.
- One in six women has experienced an attempted or completed rape. More than one-half occurred before the woman was 18. Twenty-two percent occurred before she was 12.
- Sexual violence means that someone forces or manipulates someone else into unwanted sexual activity without their consent.
- An absence of injuries to the victim doesn’t mean the victim consented.
- Those who are sexually abusive can be acquaintances, family members, trusted individuals or strangers.
- Child victims knew their offender before the attack 90 percent of the time.

- People who assault usually attack someone they know; a friend, date, classmates, neighbors, co-workers, relatives.
- FACT: Victims usually know their assaulter.
- FACT: Chances are you know someone who has been sexually assaulted.
- FACT: Victims are never at fault for sexual assault.
- FACT: Rape is the least reported and least convicted violent crime in the United States.
- FACT: Help is available.

Walkers were rewarded with a lunch sponsored by Social Services and Teddy Bears to participants in the “Walk for Awareness.” A similar walk was held at the House of Wellness on April 29.

"WHEN CAN I TURN MY BABY'S CAR SEAT AROUND TO FACE FORWARD?"

"HAS MY CHILD'S CAR SEAT BEEN RECALLED?"

FREE Car Seat Check Up

Have your car seat checked, free of charge, by a Safety Specialist

Saturday, April 30

9:00am—1:00pm

Gross Motors
Black River Falls

Results from previous safety seat checks have shown that **four out of five** car seats are used incorrectly.

Be Sure Yours is Not One of Them!

"MY CHILD CAN CLIMB OUT OF THE CAR SEAT. WHAT CAN I DO?"

"WHY DOESN'T MY CAR SEAT STAY TIGHT IN THE CAR?"

Basket biography Nancy Prescott

Submitted by
Gloria Visintin

Nancy Prescott is a hochungra master basket weaver. Nancy is able to weave 6 basket forms and has full knowledge of using dyes and coloring in her basket designs. Nancy was taught her basket making art by her mother, Minnie Littlewolf Prescott; her father, Esau Prescott; her hochungra elder, Correne Soldier; her late husband, Sidney Hall Sr.; and her stepson, Sidney Hall Jr.. Nancy mentioned, fondly, that her father Esau Prescott made the “ears for the handles as well as the notches and curves”. The men traditionally made the carved, bent-wood swing handles, as well as the attachments (“ears”) for the handles, which were slid into the proper place of the previously notched basket. Nancy learned the skill of wrapped stationary handles, as well as weaving non-swing handles, onto the appropriate forms, which did not need “naca” (ears) to secure the handles to the basket. Nancy and her late husband worked together as a team, with her husband doing the man’s work of tree preparation, handle-making and the woman doing the designing and weaving. Many husbands and wives in the history of hochungra basket making worked together efficiently far into the night and for several days until each basket was totally finished, sharing the work as they went along.

Nancy was 5 years old when she first began learning hochungra basket making, and being 65 years of age today 2010, Nancy carries 59 years of basket knowledge with her. Nancy mentions that it has

been “8 years since I made baskets”, however, Nancy has demonstrated through photographs and basket exhibits all over the United States that she is capable of very beautiful basket work. Nancy was taught her hochungra basket making art in the vicinity of Wittenberg, Wisconsin, and the purpose for her family making baskets at that time was for survival as well as artistic needs. The baskets were all designed and woven not just for function but for expressing creativity and beauty as well, giving each basket a unique design not only in the choice of forms, but also in the endless choices of color chosen from well-known dyes as well as monochromatic and natural fiber colors.

Nancy mentions very happily, about shared moments, when the basket makers children would get bored and start to get mischievous; the basket maker would stop, put their work down, find scraps of materials laying all around, and start making small toys, creating little animal forms to delight the children such as deer, deer with antlers, moose with antlers, cows, horses, birds, humans and other forms for the children to enjoy. Eventually , each child would learn to make their own toys. Those were good, happy times with the family working and playing at the work site, something which is rare in this, the 20th century.

Nancy had 5 brothers, who did not, and 1 sister who did, acquire the knowledge of basket making. Nancy’s sister is also a fine artist in her own field with other media such as buckskin and beadwork. Fortunately, Nancy has a son, Nicholas Bourdan,

who has knowledge of the black ash tree acquisition, knows how to pound the black ash log, and how to separate the tree strips and layers in preparation for weaving. Nicholas learned those skills from tribal elder Sidney Hall Sr., who has since passed away and who was one of our most respected Male elder basket makers. As is the case today with the majority of the few basket makers that we have left, all do not have the traditional “wiruso” (hand tool) used for cutting measured strips. The ‘wiruso’ was a hand tool hand crafted by the basket makers, customized to fit each individual’s hand. Nancy recalls that her late husband had all the necessary “wirusos” he needed. The “wiruso” were hand-crafted in various weft sizes and are absent from any commercial store anywhere in the world. Nancy states that her only problem in making baskets today is in material acquisition, getting the black ash trees and the materials for weaving. Nancy mentions that her late husband, Sidney Hall Sr. “did all that”. In today’s world it is a sad thing that all the male elders’ basket makers are gone, and their widow’s survive with no one to do their “tree work”.

Nancy said that she can weave a basket in 2 hours if “all materials are ready...it doesn’t take long”. Nancy states that the basket she can make in the fastest time is the “waste basket” with no handle, and a “bread basket” from scraps of materials left over. Nancy states that the basket that it takes her the longest time to make is the “big picnic basket”, and the best basket that she has ever made is the “big sewing basket”. When Nancy



Ho-Chunk elder and basket maker, Nancy Prescott.

was asked what was the worst basket that she has ever made, she replied, “I don’t make a worst basket, the more I made, the better I got. I am proud of what I did.”

Nancy Prescott has the right to be proud of her skills and abilities in the intricate and difficult work of hochungra basket making, for all her baskets are totally functional, and show her artistic accomplishment in form, design, and mastery in the most unique art form that ever existed, hochungra basket making.

Great Ho-Chunk basket making exhibition

Submitted by
Gloria Visintin –
Exhibition Director

“This is to announce the upcoming event of the “Great Ho-Chunk Basket Making Exhibition” featuring the last of the Great Master Basket makers of the Hochungra Tribe of Native Americans. Out of 7000 Members of the Hochungra, 9 of the last 14 Remaining Master Basket Makers will be presented at the Exhibition.”

The Ho-Chunk Nation Department of Heritage Preservation’s Cultural Resources Division is honored and is willing to support Ms. Visintin in her endeavors to perpetrate the Nation’s traditional cultural practices through what has been passed down to her in regards, the Black Ash Basket making processes, unique to Ho-Chunk.

The goal and mission of the “Great Ho-Chunk Basket

Making Exhibition” is to educate, demonstrate and work toward preserving and perpetrating the unique Hochungra Black Ash Basket making art which occurs only in the environs of the Hochungra and nowhere else on the planet earth. The Master Basket Makers will be working on site doing the actual black ash splint basketry. The Hochungra have taken the art of splint basket making into unusual

developments in the area of technique and design. These elements will be demonstrated and exhibited at the exhibition.

As is well known Native American peoples have been striving to recover their lost or dying cultural practices. This effort is being made to recover and strengthen those cultural needs for now and for future generations. It is critical to present the expression of the artisans,

the actual basket making, the characteristics of the endangered black ash tree, and the authentic outlook of the people who are actively participating in the art as it exists today.

You are graciously invited to attend this historic event held at the Best Western in Wittenberg, WI on June 13th, 14th & 15th, 2011.

Courage in the face of tragedy

Sara L. Peterson
Staff Writer

Twenty one years ago a beloved child of the Ho-Chunk Nation joined our creator in the heavens above. Jennifer Wesho was a member of the Snake Clan and was a sweet child that loved her family dearly. As members of the Ho-Chunk Nation we know how important family is. Being born into this community we are divided into clans with each clan given a special place and role within the Nation, without each other we cannot be a people and feel whole.

In times of sadness we draw strength from each other and find comfort in the closeness we share as a community. When Jennifer left this world, it wasn’t just her family that felt the loss and grieved for

her. The entire Ho-Chunk Nation felt the loss and we all mourned.

On the day Jennifer was laid to rest our brothers and sisters traveled from all over the country and gathered together to say their good-byes to this precious child. Those who spoke offered words of wisdom that only comes from years of living through hard times as well as the good times. On this day another young family member was celebrating a birthday. An elder spoke, “We need to remind ourselves that even though Jennifer is gone, we know that she will no longer feel pain or hurt. She has gone to a better place and nothing like this will ever happen again to her. We also need to celebrate those we still have; this young girl having

a birthday is to be celebrated. She will help fill the void that we all feel. When one life ends another is beginning.”

On that sad day back in 1989 we were told by this elder that we all need to forgive, and begin the forgiveness process. Even though we as humans do not know who had taken Jennifer’s life, we need to remember that the trees for which Jennifer’s body laid under, they all saw the events happen and watched as her spirit rose up. The grass for which she laid upon and all the little creatures all knew who was responsible. They are all living beings and they also mourned. Someday we as human beings will know but for now we need to forgive and allow Jennifer to move on in her spiritual life.

On the four year memorial of her death, another elder spoke on how he had lost his son, and couldn’t stop grieving or let his son go. It seemed impossible for him to move on with his own life. One evening as he laid down in bed he had a dream of a beautiful place. There were all these human shapes and they all had beautiful bright halos, but something caught his eye and he realized that it was a halo that wasn’t glowing. He was drawn towards it. When he reached it and the young man turned around he saw it was his son. He said to his son, “Why son, isn’t your halo glowing like everyone else?” His son responded, “It’s you, Dad. You need to let me go.” After a while the man was finally able to let his son go and soon the dream recurred.

This time all the halos were glowing and he knew his son was one of the people there, but he could no longer pick him out of the crowd. This brought the man great peace and solace.

We have since lost these elders that spoke on these occasions, but their memory and their words will always be remembered. The family would like to thank everyone that has helped and offered comfort to them in their time of need, and the Ho-Chunk Nation as a whole. As well as all the investigators that didn’t give up and finally brought this case to a close. The family had found a great amount of courage during the last 21 years and the strength to move toward healing.

Celebrating Earth Day

Sara L. Peterson
Staff Writer

A special event was held at the Tribal Office Building on April 18, 2011. Over 40 Head Start students visited, to learn more about preserving the Earth and its creatures. The TOB singers welcomed the young students as they arrived and were greeted by Gordon Thunder (Language Instructor).

The students broke off in their designated groups and began their journey through the atrium. There were five different main exhibits that included Forestry, Wildlife, Wildland Fire, Pond Life and

the very popular birds of prey exhibit.

The children enjoyed learning about the different wildlife that lives here in Wisconsin, and being able to see the young tadpoles and actually touch a small falcon. The students learned how important it is to care for the Earth and its wildlife.

The local 4-H club had an informative booth, as well as the Ho-Chunk Nation DNR and the Green School. The day was a success and was concluded with the TOB singers and a thank you by Gordon Thunder.



Students learn about the various wildlife in Wisconsin and had the opportunity to touch some of the furs.



(Left photo): A young student admiring the small tadpoles that were on display.

Don't forget to attend the 2011 School District of Black River Falls

PRESIDENT'S AWARD FOR EDUCATIONAL EXCELLENCE

held on May 12, 2011 at the Middle School - 1pm-2:30pm



HIGHER EDUCATION NOTICE:

If you are a Ho-Chunk Tribal Member planning on attending college this Summer or Fall term.

May 1st is our Priority Funding Deadline date. You can still be considered for funding on a first-come-first-serve basis after this priority deadline.

Graduating High School Seniors!

Please contact our office so we may help you start the process of completing your application and

other forms for our Ho-Chunk Nation Scholarship

Website: You can print all the Higher Education forms, review program guidelines, scholarships and our policy at www.ho-chunknation.com

E-mail: For your convenience Higher Education Division has a student mail box to e-mail your questions and concerns at www.higher.education@ho-chunk.com

Be sure to complete or update your **2011-2012 FAFSA**. We recommend on-line filing at: www.fafsa.ed.gov.

IMPORTANT INFORMATION: it is the student's responsibility ensure that their file and/or paperwork is complete with their school and with the Higher Education Division. Failure to have a complete file before the class/semester term ends will result in denial of funding for that class/semester term. Please feel free to check

your status with Higher Education by contacting our office.

We welcome all inquiries! Please contact us at:

Email: www.higher.education@ho-chunk.com

DEPARTMENT OF EDUCATION

Higher Education Division

P.O. Box 667, Black River Falls, WI. 54615

Phone: 800-362-4476 or 715-284-4915

THUNDERCLOUD YOUTH GOLF ACADEMY

Now Recruiting Players

Youth—Ages 13-18



Lesson will be given to those that are interested in learning the game of golf. There will be specific criteria that must be met to receive a scholarship.

Scholarships available to include the following:

- Custom golf clubs
- Golf bag
- Shoes
- Golf balls and tees
- Rounds of golf / tournaments

The academy will teach you golf techniques as well as etiquette, sportsmanship, and patience.

For more information please contact Quentin or Andy at:

Quentin Thundercloud
24402 Dexter Ave
Tomah, WI 54660
Phone: 608-372-9558
Q.Thundercloud@mwlt.net

Andy Thundercloud
Phone: 608-387-2640
ndngolfguy@netscape.net

HO-CHUNK NATION LEGISLATURE REGULAR MEETING EXECUTIVE OFFICES BLACK RIVER FALLS, WI April 5, 2011

CALL TO ORDER: The meeting was called to order by President Wilfrid Cleveland at 10:06 a.m.

ROLL CALL: President Wilfrid Cleveland (P)
Vice President Daniel Brown (P)

Rep. Greg Blackdeer(EX)
Rep. Douglas Greengrass(P)
Rep. Clarence Pettibone(P)
Rep. Roberta Decorah(P)
Rep. James Greendeer(EX)
Rep. John Holst(EX)
Rep. Hope Smith(P)
Rep. Lawrence Walker Jr.(EX)
Rep. Greg Littlejohn(P)
Rep. Kathy LoneTree-Whiterabbit (P)

Rep. Patrick Red Eagle(P)
Rep. Robert TwoBears(EX)
DETERMINATION OF QUORUM: Quorum was established

OPENING PRAYER: The opening prayer was offered by President Wilfrid Cleveland.

APPROVAL OF AGENDA: **MOTION** by Rep. Kathy LoneTree-Whiterabbit to approve the agenda with the additions of Presentation 2. NCAI Resolution regarding sacred tobacco, District 5 concern and moving Ho-Chunk Nation Police Department Recognition to Executive Session. Second by Rep. Roberta Decorah. 8-0-0 **MOTION CARRIED.**

APPROVAL OF MINUTES: Legislative Meeting – March 22, 2011

MOTION by V.P. Dan Brown to approve the Legislative Meeting minutes of March 22, 2011 with corrections. Second by Rep. Greg Littlejohn. 6-0-2(Reps. Smith & RedEagle) **MOTION CARRIED.**

SUB COMMITTEE MINUTES: Finance Meeting – March 23, 2011

MOTION by V.P. Dan Brown to approve the Finance Committee Meeting minutes of March 23, 2011 with corrections. Second by Rep. Doug Greengrass. 5-0-3(Reps. Decorah, RedEagle, & Whiterabbit) **MOTION CARRIED.**

Development Meeting – March 24, 2011

MOTION by Rep. Doug Greengrass to approve the Development Committee Meeting minutes of March 24, 2011 with corrections. Second by Rep. Hope Smith. 5-0-3(Reps. Redeagle & Littlejohn, V.P Brown) **MOTION CARRIED.**

Special Finance Meeting – March 28, 2011

MOTION by Rep. Kathy LoneTree-Whiterabbit to approve the Special Finance Committee Meeting minutes of March 28, 2011 as presented. Second by Rep. Doug Greengrass. 7-0-1(V.P. Brown) **MOTION CARRIED.**

Special Finance Meeting – March 29, 2011

MOTION by Rep. Kathy LoneTree-Whiterabbit to approve the Special Finance Committee Meeting minutes of March 29, 2011 as presented. Second by Rep. Greg Littlejohn. 7-0-1(V.P. Brown) **MOTION CARRIED.**

Special Finance Meeting – March 30, 2011

MOTION by Rep. Kathy LoneTree-Whiterabbit to approve the Special

Finance Committee Meeting minutes of March 30, 2011 as presented. Second by Rep. Clarence Pettibone. 5-0-3(Reps. Greengrass & Decorah, V.P. Brown) **MOTION CARRIED.**

Special Finance Meeting – March 31, 2011

MOTION by Rep. Greg Littlejohn to approve the Special Finance Committee Meeting minutes of March 31, 2011 as presented. Second by V.P. Dan Brown. 7-0-1(Rep. Decorah) **MOTION CARRIED.**

PRESENTATION: Black River Area Green School (BRAGS)– Black River Falls, WI

The school district is currently seeking land to put their school on, the Nation has donated funding to the building previously in the amount of \$24,400.00

MOTION by Rep. Clarence Pettibone to refer the Green School request to the Development Committee. Second by Rep. Roberta Decorah. 8-0-0 **MOTION CARRIED.**

Resolution – Ho-Chunk Nation Legislature in Support of Sacred Indian Tobacco and Authorizing NCAI Resolution.

MOTION by Rep. Kathy LoneTree-Whiterabbit to adopt Ho-Chunk Nation Legislative Resolution 4-05-11 A - Ho-Chunk Nation Legislature in Support of Sacred Indian Tobacco and Authorizing NCAI Resolution. Second by Rep. Hope Smith. 8-0-0 **MOTION CARRIED.**

Recess

MOTION by Rep. Greg Littlejohn to recess for lunch. Second by Rep. Kathy LoneTree-Whiterabbit. 8-0-0 **MOTION CARRIED. The meeting recesses at 12:03 p.m.**

CALL BACK TO ORDER: The meeting was called back to order by President Wilfrid Cleveland at 1:09 p.m.

ROLL CALL: President Wilfrid Cleveland (P)

Vice President Daniel Brown (P)

Rep. Greg Blackdeer(EX)
Rep. Douglas Greengrass(P)
Rep. Clarence Pettibone(EX)
Rep. Roberta Decorah(P)
Rep. James Greendeer(P)
Rep. John Holst(EX)
Rep. Hope Smith(P)
Rep. Lawrence Walker Jr.(EX)
Rep. Greg Littlejohn(P)
Rep. Kathy LoneTree-Whiterabbit (EX)

Rep. Patrick Red Eagle(EX)
Rep. Robert TwoBears(EX)

DETERMINATION OF QUORUM: Quorum was established.

UNFINISHED BUSINESS Review Committee Establishment (referred from Development)

MOTION by Rep. Clarence Pettibone to enter into a non –disclosure agreement in order to allow the Nation’s Business Department to review Thieding’s financial data on a confidential basis and report back to the Development Committee. Second by V.P. Dan Brown. 7-0-1(Rep. Decorah) **MOTION CARRIED.**

Agenda Amendment

MOTION by V.P. Dan Brown to amend the agenda to address the referred Finance Meeting agenda items. Second by Rep. Clarence Pettibone. 8-0-0 **MOTION CARRIED.**

Items Referred to Legislature from 3-23-11 Finance Committee White Privilege Conference – Will be addressed through the

Youth Services Budget.
Tomah School District Native American Awareness Request

MOTION by Rep. Clarence Pettibone to approve \$3,000 from the Youth Assistance Fund to the Tomah Indian Education Council. Second by Rep. Roberta Decorah. 8-0-0 **MOTION CARRIED.**

Resolution – Marquee Sign Capital Project

MOTION by Rep. Clarence Pettibone to adopt Ho-Chunk Nation Legislative Resolution 04-05-11 B - Authorization to Reallocate Marquee Funding from the Gaming Facility Budgets to One Capital Project. Second by V.P. Dan Brown. 7-0-1(Rep. Whiterabbit) **MOTION CARRIED.**

Hotel Remodeling Issue

MOTION by Rep. Clarence Pettibone to refer the hotel remodeling issue to a Special Legislative Meeting on April 8, 2011 at 10:00 a.m. Second by V.P. Dan Brown. 7-1(Rep. Decorah)-0 **MOTION CARRIED.**

Virtual Floor Project

MOTION by Rep. Clarence Pettibone to refer the Virtual Floor Project to the Special Legislative Meeting on April 8, 2011. Second by Rep. Hope Smith. 7-0-0 **MOTION CARRIED.**

Resolution – Authorization of Amendment to Ho-Chunk Nation 401(K) Plan and Trust

MOTION by Rep. Clarence Pettibone to adopt Ho-Chunk Nation Legislative Resolution 04-05-11C Authorization of Amendment to Ho-Chunk Nation 401(K) Plan and Trust. Second by Rep. Greg Littlejohn. 6-0-1(Rep. Whiterabbit) **MOTION CARRIED.**

Resolution – Establishment of Legislative Workgroup to Address Implementation of Federal Health Care Reform and Its Incorporation of the Indian Health Care Improvement Act

MOTION by V.P. Dan Brown to table the Establishment of Legislative Workgroup to Address Implementation of Federal Health Care Reform and Its Incorporation of the Indian Health Care Improvement Act. Second by Rep. Greg Littlejohn. 6-0-1(Rep. LoneTree-Whiterabbit) **MOTION CARRIED.**

Resolution – Ho-Chunk Nation Legislature Authorizing Natural Gas Utility Easement for Chakh Hah Chee

MOTION by Rep. Kathy LoneTree-Whiterabbit to adopt Ho-Chunk Nation Legislative Resolution 04-05-11 D Ho-Chunk Nation Legislature Authorizing Natural Gas Utility Easement for Chakh Hah Chee. Second by Rep. Roberta Decorah. 6-0-1(Rep. Pettibone) **MOTION CARRIED.**

Resolution – Per Capita Declaration for May 1, 2011

MOTION by Rep. Kathy LoneTree-Whiterabbit to adopt Ho-Chunk Nation Legislative Resolution 04-05-11 E Per Capita Declaration for May 1, 2011 in the amount of \$3,000 per tribal member. Second by Rep. Roberta Decorah. 7-0-0 **MOTION CARRIED.**

Resolution – Ho-Chunk Nation Legislature Resolution Authorization and Creation of the Tribal Elder Living Care Facilities Task Force

MOTION by Rep. Greg Littlejohn to adopt Ho-Chunk Nation Legislative Resolution 04-05-11 F Ho-Chunk Nation

Legislature Resolution Authorization and Creation of the Tribal Elder Living Care Facilities Task Force with added language. Second by Rep. Roberta Decorah. 6-0-1(Rep. LoneTree-Whiterabbit) **MOTION CARRIED.**

Resolution – Ho-Chunk Nation Legislature Resolution Requesting Legislative Action at the NCAI Conference Against State and Federal Budget Cuts Affecting Tribal Elders

MOTION by Rep. Greg Littlejohn to adopt Ho-Chunk Nation Legislative Resolution 04-05-11 G Ho-Chunk Nation Legislature Resolution Requesting Legislative Action at the NCAI Conference Against State and Federal Budget Cuts Affecting Tribal Elders. Second by Rep. Roberta Decorah. 7-0-0 **MOTION CARRIED.**

Resolution – Authorizing Communication Utility Easement of Plum Creek 40

MOTION by Rep. Clarence Pettibone to adopt Ho-Chunk Nation Legislative Resolution 04-05-11 H Authorizing Communication Utility Easement of Plum Creek 40. Second by V.P. Dan Brown. 7-0-0 **MOTION CARRIED.**

Resolution – Ho-Chunk Nation Legislature Authorization for Application Coordinated Tribal Assistance Solicitation (CTAS) Purpose Area #1: Public Safety & Community Policing (COPS)

MOTION by Rep. Clarence Pettibone to adopt Ho-Chunk Nation Legislative Resolution 04-05-11 I - Ho-Chunk Nation Legislature Authorization for Application Coordinated Tribal Assistance Solicitation (CTAS) Purpose Area #1: Public Safety & Community Policing (COPS). Second by Rep. Roberta Decorah. 7-0-0 **MOTION CARRIED.**

RFP BRF Gaming Expansion

MOTION by Rep. Kathy LoneTree-Whiterabbit to table and refer to Finance Committee the RFP BRF Gaming Expansion. Second by Rep. Clarence Pettibone. 6-1(V.P. Brown)-0 **MOTION CARRIED.**

Request Fiscal Year 2011 under the Restricted Fund – **MOTION** by Rep. Hope Smith to approve the \$1,425,000 from the Restricted Fund for ten (10) elder homes. Second by Rep. Greg Littlejohn. 6-0-1(V.P. Brown) **MOTION CARRIED.**

2011 Employee Appreciation Day Budget Proposal

MOTION by Rep. Kathy LoneTree-Whiterabbit to refer the 2011 Employee Appreciation Day budget proposal to the Finance Committee. Second by Rep. Greg Littlejohn. 7-0-0 **MOTION CARRIED.**

CONFERENCE APPROVAL

MOTION by Rep. Kathy LoneTree-Whiterabbit to authorize Heidi Frechette to attend the National Indian Health Board on an emergency basis. Second by Rep. Roberta Decorah. 7-0-0 **MOTION CARRIED.**

District Concerns: District 1:

No Requests were submitted

District 2:

No Requests were submitted

District 3:

No Requests were submitted

District 4:

No Requests were submitted

District 5: Motion by Rep. Kathy LoneTree-Whiterabbit to refer the District 5 request for Phyllis Mike Armendariz to the Finance Committee and Office of the President. Second by Patrick Redeagle. 7-0-0 **MOTION CARRIED.**

Executive Session

MOTION by V.P. Dan Brown to go into Executive Session. Second by Rep. Greg Littlejohn. 7-0-0 **MOTION CARRIED.**

The meeting goes into Executive Session at 3:12 p.m.

MOTION by Rep. Kathy Lonetree-Whiterabbit to return to Open Session. Second by V.P. Dan Brown. 7—0—0. **Motion Carried.**

The meeting returns to open session at 4:35 p.m.

MOTION by Rep. Kathy Lonetree-Whiterabbit to ratify all action taken in Executive Session. Second by V.P. Dan Brown. 7—0—0 **Motion Carried.**

MOTION by Rep. Kathy Lonetree-Whiterabbit to adjourn the meeting until April 19, 2011 at the Executive Offices, Black River Falls, WI. Second by Rep. Hope Smith. 7—0—0 **Motion Carried.**

The meeting is adjourned at 4:36 p.m.

Respectfully Submitted by,
Hope B. Smith, Tribal Secretary
Darcy Funmaker
Recording Secretary

HO-CHUNK NATION LEGISLATURE SPECIAL MEETING EXECUTIVE OFFICES- BLACK RIVER FALLS, WI April 8, 2011

CALL TO ORDER: The meeting was called to order by President Wilfrid Cleveland at 10:06 a.m.

ROLL CALL: President Wilfrid Cleveland (P)

Vice President Daniel Brown (P)

Rep. Greg Blackdeer(EX)
Rep. Douglas Greengrass(P)
Rep. Clarence Pettibone(P)
Rep. Roberta Decorah(P)
Rep. James Greendeer (EX)
Rep. John Holst(P)
Rep. Hope Smith(10:24 a.m.)
Rep. Lawrence Walker Jr.(EX)
Rep. Greg Littlejohn(P)
Rep. Kathy LoneTree-Whiterabbit(P)

Rep. Patrick Red Eagle(P)
Rep. Robert TwoBears(P)

DETERMINATION OF QUORUM: Quorum was established.

OPENING PRAYER: The opening prayer was offered by President Wilfrid Cleveland.

APPROVAL OF AGEDNA:

MOTION by V.P. Dan Brown to approve the agenda as presented. Second by Rep. Clarence Pettibone. 7-1(Rep. TwoBears)-1(Rep. Decorah) **MOTION CARRIED.**

ORDER OF THE DAY: Virtual Floor Project

CSS Power - Over 10 months invested in detailed project planning, coordination, prospective vendor selection . Provide a solution that accommodates current and future business needs. Power and functionality must travel over an upgraded infrastructure of power, cabling and hardware. Anticipated Results: Improve customer experience, improve gaming floor performance, provide necessary in fracture for server based gaming, allow for improved customer marketing on the slot games, allow for full motion streaming of video on the slots, reduce

labor hours on maintaining and delivering content to the slots, Ho-Chunk Gaming proactive approach to remain the forefront in the industry. *Rep. Smith arrives at 10:24 a.m.*

MOTION by Rep. Kathy LoneTree-Whiterabbit to table the virtual floor project and bring back to next Legislative and there is not a lot of detail and to carve out the \$4.9 million for Ho-Chunk Gaming Wisconsin Dells and to have three (3) bid process on Virtual Floor Project so the Legislators are not violating any Ho-Chunk Nation Code or Act. Second by Rep. Greg Littlejohn. 10-0-0 **MOTION CARRIED.**

Recess

MOTION by Rep. Greg Littlejohn to recess for a half hour lunch. Second by Rep. Kathy LoneTree-Whiterabbit 6-4 (Reps. TwoBears, Greengrass, Pettibone & V.P. Brown)-0

MOTION CARRIED. *The meeting recesses at 12:32 p.m.*

CALL TO ORDER: The meeting was called back to order by Vice President Dan Brown at 1:42 p.m.

ROLL CALL: President Wilfrid Cleveland (2:15 p.m.) Vice President Daniel Brown (P) Rep. Greg Blackdeer(EX) Rep. Douglas Greengrass(P) Rep. Clarence Pettibone(P) Rep. Roberta Decorah(P) Rep. James Greendeer (EX) Rep. John Holst(P) Rep. Hope Smith(1:44 p.m.) Rep. Lawrence Walker Jr.(EX) Rep. Greg Littlejohn(1:48 p.m) Rep. Kathy LoneTree-Whiterabbit (P) Rep. Patrick Red Eagle(P) Rep. Robert TwoBears(P)

DETERMINATION OF QUORUM: Quorum was established

Ho-Chunk Gaming WI Dells

Hotel Renovation Project – Jon Warner, Craig Sechser

MOTION by Rep. Kathy LoneTree-Whiterabbit that the Department of Treasury oversee the sale of the items in the hotel rooms at Ho-Chunk Gaming Wisconsin Dells Hotel. ***Motion dies due to lack of a second.***

MOTION by Rep. Kathy LoneTree-Whiterabbit that the hotel renovation project report to the Finance Committee and that change orders be approved by the Legislators. Second by Rep. Hope Smith. 5-2(Rep. TwoBears & V.P. Brown)-3(Reps. Greengrass, Pettibone & Decorah) **MOTION CARRIED.**

Rep. Smith is excused at 2:57 p.m.

MOTION by Rep. Robert TwoBears that the subcommittee report back and the process has been set. Second by Rep. John

Holst. *Motion withdrawn, the pretense of being reactive instead of proactive.*

MOTION by Rep. Robert TwoBears to table the hotel renovation project funding and request to have Executive Branch locate the funds from the current fiscal year budgets as the Project completion date is June 22, 2011. Second by Rep. Kathy LoneTree-Whiterabbit. 9-0-0 **MOTION CARRIED.**

MOTION by Rep. Doug Greengrass that the Kraemer Brothers outstanding invoice in the amount of \$237,000 be paid in this FY budget. Second by Rep. Patrick RedEagle. 5-1(Rep. TwoBears)-3(Reps. Decorah & LoneTree-Whiterabbit, and V.P. Brown) **MOTION CARRIED.**

MOTION by Rep. Kathy LoneTree-Whiterabbit to amend the previous motion and to delete the change

orders going to the Finance Committee and to request an analysis done on the expenditure and cost to date on the hotel renovation. Second by Rep. Patrick RedEagle. 6-0-3(Reps. Pettibone & Decorah, V.P. Brown) **MOTION CARRIED.**

Adjournment

MOTION by Rep. Doug Greengrass to adjourn the meeting. Second by V.P. Dan Brown. 8-1(Rep. Littlejohn)-0 **MOTION CARRIED. *The meeting adjourned at 3:30 p.m.***

Respectfully Submitted by,
Hope B. Smith
Tribal Secretary
Darcy Funmaker
Recording Secretary

SUMMONS
(First Publication)
IN THE HO-CHUNK NATION TRIAL COURT

State of WI., Petitioner, v. Neil B. Greengrass-Starr, Respondent.

Case : CS 11-19

TO THE ABOVE-NAMED RESPONDENT:
Neil B. Greengrass-Starr

You are hereby informed that you have been named a respondent in the above-entitled civil lawsuit. This legal notice of the *Petition to Register & Enforce a Foreign Judgment or Order* is now served upon you by publication. Your written *Answer* to the *Petition* must be filed with the Court on or before the twentieth day from the date of the second published issuance of this *Summons*. You may request a hearing within your written response. See RECOGNITION OF FOREIGN CHILD SUPPORT ORDERS ORDINANCE, 4 HCC § 2.5. Also, you must send or present a copy of your *Answer* to the opposing party listed above or to their attorney of record. Failure to file a timely *Answer* in the time allowed *can affect your right to object to the enforcement of the foreign judgment or order.* *Id.*, § 2.6c.

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court’s mailing address is P. O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

SUMMONS
(First Publication)
IN THE HO-CHUNK NATION TRIAL COURT

In the Interest of Minor Children: J.G.S., DOB 08/29/1993
J.B.R. DOB 08/03/1994
J.S.R. DOB 05/09/1996
E.J.R. DOB 02/08/2000
N.R. DOB 12/17/2001

Case Nos.: JV 11-06
JV 11-07
JV 11-08
JV 11-09
JV 11-10

TO THE PARENT, GUARDIAN, LEGAL OR PHYSICAL CUSTODIAN AND/OR TRADITIONAL RELATIVE(S): MEREDITH RAVE

You are hereby informed that you have been deemed an interested party in the above-entitled juvenile protection case. This legal notice of the filed *Child/Family Protection Petition* is now served upon you by publication. A proceeding concerning the above-named children is pending in the Court, and an adjudication will be made. The Court shall convene a *Plea Hearing* in accordance with HOCÅK NATION CHILDREN AND FAMILY ACT, Para. 3.41. Any parent(s), guardian(s) and/or person(s) having legal or physical custody of the children must personally appear along with the children at the *Hearing* described below.

The Court shall commence a proceeding at **1:30** _ on the **24th** day of **May 2011** for the following purpose: ***Plea Hearing.*** Pursuant to HOCÅK NATION CHILDREN AND FAMILY ACT, Para. 3.35, the parties have a right to counsel at their own expense; a right to confront and cross-examine those appearing against them; a right to present and subpoena witnesses; a right to substitution of judge; and a right to a jury trial.

NOTICE – VIOLATION OF THIS ORDER IS SUBJECT TO PROCEEDINGS FOR CONTEMPT OF COURT. SUBPOENAS: ‘THE FAILURE TO COMPLY WITH A SUBPOENA SHALL SUBJECT THE PERSON FAILING TO COMPLY TO THE CONTEMPT POWER OF THE COURT.’ THE COURT MAY FIND ANY PARTY TO THIS MATTER IN CONTEMPT OF COURT FOR FAILURE TO APPEAR AT A COURT HEARING OR FOR FAILURE TO FOLLOW COURT ORDERS.

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JV 11-08
JV 11-09
JV 11-10

TO THE PARENT, GUARDIAN, LEGAL OR PHYSICAL CUSTODIAN AND/OR TRADITIONAL RELATIVE(S): PAUL SALLAWAY

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Case Nos.: JV 11-06
JV 11-07
JV 11-08
JV 11-09
JV 11-10

TO THE PARENT, GUARDIAN, LEGAL OR PHYSICAL CUSTODIAN AND/OR TRADITIONAL RELATIVE(S): BONITAL L. ROY

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Opportunity
& Employment


I come forward with the goal of establishing a leadership team who brings VALUE to their department and RESPECT to their frontline employees. From those two ingredients, we may build a stronger Nation. At this time, all appointed positions are open for considerations and inquiries are welcome.

In this tough economy, unemployed tribal members simply need the chance to demonstrate their value however the bureaucracy and overregulation have closed many doors. This administration will prioritize goals on increasing the tribal member workforce.

Progress
for the People

As a proud tribal member, a student of our language and culture, and a government employee, I greatly depend on the benefits of health insurance, government programs and services, and my per-capita income.

Everyone with the privilege of serving our membership in an elected capacity must work to preserve and enhance ALL of these benefits by untying the politics to support a strong, competitive gaming enterprise.



www.jongreendeer.com

Jon
GREENDEER
for Ho-Chunk Nation President

Opportunity & Progress Await
Your Vote!!! June 7, 2011

Greg Littlejohn for Ho-Chunk Nation President


VOTE June 7th

WWW.GREGLITTLEJOHN.COM

HO-CHUNK UP-BRINGING

My Choka was Grant Littlejohn and my Gaga was Rachael (Whitedeer) Littlejohn. I am the Haga of Edward and Mavis Littlejohn. My Jaji was one of the first business committee members of the Wisconsin Winnebago Business Committee. I have watched our Nation go from the WWBC to the current constitution and organization structure of our Nation's government. This progression required sacrifice and courage and is a shining example of what the People can do when we work together for a common purpose.

The importance of participating in and giving back to the Ho-Chunk Nation was encouraged in my family from childhood on and has carried through to this stage in my life today.




STRONG MILITARY ROOTS

The example set by my Jaji and his four brothers serving in WWII, as well as other family serving in the military since then, provide me with the strength, courage and energy to fight the battles facing our People today.

Throughout life, we are taught and expected to have the utmost respect, admiration and appreciation for our brother and sister veterans.

This respect and honor for those who have served in the military or who are currently serving is one of our core values we need to preserve. A way to repay our military men and women is by providing them with the support and programs they need. As we continue into the 21st Century making every attempt to maximize our profitability; maintaining and improving veteran services is vital for our journey toward a brighter future for all tribal members by being honor bound to fulfill our duty to those who have earned the right to be called a Veteran. We are truly blessed to have these men and women in our Ho-Chunk family.



Ho-Chunk Gaming Wisconsin Dells gives the “Red Carpet” treatment to Vietnamese guests

Submitted by Missy Tracy
HCC Senior Manager Public Relations

Ho-Chunk Gaming – WI Dells showed renowned Ho-Chunk hospitality to approximately 700 Vietnamese guests and welcomed them to Ho-Chunk’s premier flagship on Saturday, April 2, 2011. This was Ho-Chunk’s first time to host a “Spring Fling” and cater to the fourth largest Asian American group, the Vietnamese American people. It turned out to be a day of firsts for more than Ho-Chunk, it was the first time some Vietnamese had ever been to a casino and relayed that it was a great experience. Ho-Chunk pulled out all the stops and gave the “Red Carpet” treatment to their guests.

The Food and Beverage department staffed up and stocked up the Stand Rock Buffet with specialty seafood items to accommodate their guests who are ardent lovers of seafood. Hot crab legs, fresh oysters, clams and mussels along with the buffet’s unparalleled prime rib were served along with impressive food service. The buffet saw 1,125 people come through over the weekend. Table Games

remained opened all night and reported a 6% increase over last year at this time. The Slot department stated the utilization was at its highest peak in 3 years.

The headline Vietnamese variety entertainment show came with a high caliber of quality Vietnamese entertainers that appealed to families and guests of all ages. Performers were



Ngoc Ha wears a traditional Vietnamese dress called AO DAI , which is the traditional long dress for the Lunar New Year (Tet Festival).

comedians, female and male singers who sang individually as well as performed duets. “As an observer of the show, the singers were prone to performing ballads,” Missy Tracy, Ho-Chunk Gaming Wisconsin Dells Public Relations Senior Manager observed. “The singers could really hold a note longer than most. Although I did not understand what they were singing their voices and the music was beautiful as were the performers in their dazzling attire.”

Hiep Tran, a Vietnamese gentleman and one of the organizers of this event said, “I arrived in Wisconsin 36 years ago and this is the first time there has been a Vietnamese concert.” Tran was very happy to see the concert so successful and hopes that it will become an annual event. “This proved to be a wonderful experience and introduced new customers to Ho-Chunk Gaming,” Greg Garvin, Ho-Chunk Nation’s Executive Director of Business stated. “It was our pleasure to host this event as the Vietnamese people were very gracious guests. We look forward to doing this again twice a year attempting to exceed expectations, by enhancing it and making it



Dan Nguyen, “A Day Without You” is one of his songs.

grander each time.” Due to the incredible success of this affair plans are being discussed for the Chinese New Year in 2012, the year of the Dragon. Garvin elaborated, “We need to be forward in our thinking, not only anticipating the trends but become the trend setter within our industry. This will help us to meet our goal in being revered as a leading entertainment destination. We will not rest

on our laurels but strive to improve in all facets within our industry. Our emphasis will be placed on growing these types of international and multicultural events. We will do our utmost to foster good relations and be recognized not only by international communities, but people from all cultures as an extraordinary gaming and entertainment place with memorable experiences for all.”

Film maker joins Presidential staff

Submitted by Anne Thundercloud

Film making has always been a passion for tribal member Sherman Funmaker. After earning a degree in English from UW-Baraboo in 2006, Funmaker decided to pursue his passion for film by enrolling in the Media Arts program at the University of Mexico.

Funmaker returned to Wisconsin and in 2008 and motivated a group of Wisconsin Dells youth to start an acting group called “The Ho-Chunk Players”. Funmaker donates his time to teach the young actors about the many facets of film

making. The young group of talent has a number of projects under their belts and can be found through their own Facebook page and YouTube channel.

“I believe we need to use media to inform, teach and to cultivate Native life. The Ho-Chunk kids have used this experience to learn acting, writing and are currently working on language projects, public service announcements on issues that affect their lives and the surrounding community,” Funmaker said.

Funmaker’s skills came to mind when long time Public Relations Specialist Cara Lee Murphy left the President’s

Office to join the staff of the new Ho-Chunk Chief of Police, said the Nation’s Public Relations Officer Anne Thundercloud.

“We felt Sherman brought forth a great deal of experience and we were eager to get him on board,” Thundercloud said, “the Nation’s PR has kept up with the trends as far as social media and now Sherman can help us- especially after we launched the Nation’s YouTube channel last Fall.”

The Ho-Chunk Nation’s official YouTube channel features short PSA’s and coverage of events of the Ho-Chunk Nation. Thundercloud

says the videos aim to offer a broader understanding of the Ho-Chunk Nation.

“I am pleased to join this team of motivated individuals,” Funmaker said, “it’s important we keep ourselves out there so that our stories can be told as we see it.”

Join the official Ho-Chunk Nation online communities by visiting:

- <http://www.youtube.com/user/HoChunkNation>
- <http://www.facebook.com/HoChunkNation>
- <http://twitter.com/HoChunkNationPR>



Meet Sherman Funmaker, the newest member of the Ho-Chunk Nation’s PR team.

One vote (your vote) could make a difference

Commentary by John Kozlowski
Staff Writer

The Ho-Chunk Nation General Election is now less than two months away. On Election Day, voters will elect a new President and two people seeking a seat on the Nation’s Legislature.

In the next few weeks, candidates will likely be reminding people how important their vote is and that one vote could make a difference. Past and recent voting history suggests that they’re right. One vote could

make a difference.

I have voted in almost every local, state and national election for the past 30 years. I’ll admit that I never really thought my vote could make a difference. I voted simply to fulfill what I believe is my obligation as a citizen. I will state though, that by voting, I also believe that I give myself the right to complain when my candidate doesn’t win and the other person screws things up.

I live in Wisconsin Rapids and area elections held on April 7 had results that really

were “to close to call.”

In the nearby Town of Rome, two candidates seeking to become Town Chairman each received 592 votes. In Nekoosa, two candidates seeking a position on the local school board were separated by one vote out of over 2,300 voters. In both cases, recounts indicate the margins were slightly larger, three votes and Rome and three in Nekoosa. But still...

For the record, 1,340 tribal members voted in the Presidential Primary Election on March 8. That number is close the number of voters in Rome. Races can be close. Ties can happen. Every vote does count.

If you can’t make it to a



Note: Headlines taken from the Wisconsin Rapids Daily Tribune April 6, 2011

polling place, request an absentee ballot. Absentee ballots can be received by calling the Ho-Chunk Nation Election Board at (715)284-8900 or (800) 890-0583. For some fun filled,

interesting, close elections facts, Google “Close elections in history.” You will realize that against all odds, your vote could make a difference.

Rome chairman race an exact tie

Recent evidence that one vote can make a difference.

38TH ANNUAL

UWSP AIRO

TRADITIONAL Pow Wow

SAT. MAY 7, 2011

UNIVERSITY OF WI – STEVENS POINT

BERG GYMNASIUM

HOST DRUM: MIDNIGHT EXPRESS

MC: JOEY BESAW

ARENA DIRECTOR: GARY BESAW

HEAD DANCERS: JEROME SANAPAW & ROSE OTRADOVEC

GRAND ENTRIES: 1PM & 7PM

MEAL 5PM

ADMISSION: ADULTS \$4.00 | STUDENTS \$3.00 (ID REQUIRED)

FOR INFORMATION: 715-346-3576

SPONSORED BY: AIRO

(AMERICAN INDIANS REACHING FOR OPPORTUNITIES) & THE STUDENT BODY OF UWSP

NOT RESPONSIBLE FOR LOST, STOLEN, OR DAMAGED ITEMS.

NO ALCOHOL OR DRUGS ALLOWED ON PREMISES.

COLLEGE BENEFIT

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for the Keshena and Green Bay campuses
of the College of Menominee Nation

Friday, June 10, 2011

Thornberry Creek
at Oneida

Great Golf to Benefit
a Great College

■ Four-man scramble, shotgun start

■ Fun, prizes, awards, lunch and dinner

■ Friday, June 10, Thornberry Creek at Oneida

Register now for individual and team play:

www.menominee.edu

Phone 715-799-6226, ext 3156

Email CMNgolf@menominee.edu

Saluting these CMN Benefit Golf Outing sponsors
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Menominee Casino Resort, Master Key Consulting,
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North Star Casino Resort and Big Smokey Falls Rafting

Ho-Chunk Nation Traditional

MEMORIAL DAY POW-WOW

BLACK RIVER FALLS, WISCONSIN, USA

Honoring Veterans of:

OPERATION ENDURING FREEDOM

MAY 28-30, 2011

ANDREW BLACKHAWK MEMORIAL POW-WOW GROUNDS

5 MI. EAST OF BLACK RIVER FALLS

GRAND ENTRIES

SAT. 1&7 PM, SUN. 1&7 PM, MON. 1 PM

Flag Raising Ceremony Monday at 10:00 AM

MC: VINCE BEYL & TBA • ARENA DIR: ROBERT BLACKDEER & C. GOODBEAR

HOST DRUMS: IRON MOUND, Hoocak Hiinjkwahire, WIS. DELLS, THUNDERCLOUD, LAKE DELTON
& THUNDERBEAR *INVITED GUESTS: THUNDERHILL from Weatherford, OK

Pow-wow chairperson: Lance Blackdeer, Lance.blackdeer@ho-chunk.com 715-284-9343 ext. 1120

Pow-wow vendors contact: Ken Lewis, Ken.lewis@ho-chunk.com 715-284-9343 ext. 1192

The Ho-Chunk Nation, Memorial Day Pow-Wow Committee or any involved organizers of this event are not responsible
for accidents, injury or theft. Alcohol, drugs & firearms are absolutely prohibited.

Ho-Chunk Nation

Child Care Assistance
Program

Will be having a Public Meeting
in the Cafeteria of the
Executive Building

May 27th at 12:00

** Refreshments and Door Prizes**

Department of Administration

Board of Directors Vacancies

The Department of Administration is currently
seeking any individuals interested in filling the
vacancies on the Department of Administration Board
of Directors. The Board of Directors will serve in
an advisory capacity to the Executive Director, be
involved in the Department's strategic planning and
consulted during the development of the Department's
annual goals and objectives.

Qualifications;

Board of Directors shall have the requisite skills,
knowledge, and education to provide professional and
expert advise and recommendations to the Executive
Director, per 1 HCC § 2.

Interested individuals may submit there resume to
Executive Director of Administration, PO Box 664,
Black River Falls, WI 54615.

HO-CHUNK DISTRIBUTION

SAVE OVER 30% ON SERTA MATTRESSES



HCH | Ho-Chunk Hospitality

Watch for more deals as Ho-Chunk Hospitality introduces an all new line of quality mattresses this summer!

SERTA MATTRESS SETS ON

SALE NOW FOR A LIMITED TIME.

Ho-Chunk Distribution Center, now a distributor of Serta Mattresses, has a limited number of twin size Serta mattress & box spring sets on sale now. Don't miss out. This sale won't last long as quantities are limited.

1-800-221-0290

TWIN SIZE (38X75) ONLY
MATTRESS & BOX SPRING SET
Reg: \$399.00 Sale: \$270.00

SALES BASED ON AVAILABILITY. QUANTITIES LIMITED. PICKUP ORDERS ONLY.



The College of Menominee Nation ■ Accredited ■ Affordable ■ Open to All

Why Wait?

Apply now for Summer and Fall enrollment

■
Inquire about financial aid

■
(800) 567 - 2344, ext 3061

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in fields including business administration, public administration, computer science, biological and physical science, nursing, chemistry, education, and natural resources
- **4-Year and 2-Year Degrees**
offering Bachelor of Science, Associate and Associate–Applied Science
- **Technical and Trades diplomas**
in office tech, practical nursing, sustainable residential building, electricity, welding
- **New this semester**
certificate in home health aide training

Campuses on Hwy 47/55 in Keshena, on South Ridge Road in Green Bay,
and brought on request to a location near you



Lifeguard Certification Class Schedule

May 12-13.....4:30pm-9pm
May 14-15.....7am-2pm
May 17.....4:30pm-9pm



FREE to HO-CHUNK NATION MEMBERS
(Youth encouraged to attend ages 15 ½ or older)

MUST PRE-REGISTER AT HOW POOL OFFICE
Class is limited to 14 students – First come, first served!
MUST ATTEND ALL SESSIONS TO GAIN CERTIFICATION

Call Cheryl Kidd-Aquatic Supervisor HOW at:
(608) 355-5155 ext. 5519

House of Wellness
S2845 White Eagle Rd. | Baraboo, WI 53913 | 1-888-552-7889



H.A.G.A. Outing

Golden Sands

Golf Course

May 7, 2011

300 Nabor Road | Cecil, WI 54111

Registration:
9:00 a.m. – 10:30 a.m. |
Shotgun start: 11:00 a.m.
18 holes with cart: \$50.00 |
Skins: \$5.00
Meal will be provided.
Lunch turn/minimum fee.
Youth are welcome.

Phone: 715-799-4207
Contacts:
Les Fey @ 715-799-4207
Marty Littlewolf @ 715-253-3496 (home)

Request for Comment

The Ho-Chunk Nation TERO Commission is seeking comments on the current Ho-Chunk Nation TERO Ordinance.

A copy of the Ordinance can be downloaded from the Ho-Chunk Nation Website at:
<http://www.ho-chunknation.com/?PageId=184>

Or a copy may be requested from the Ho-Chunk Nation Department of Labor office.

Or to request an electronic emailed copy of the Ordinance, send your request to Nicholas.Kedrowski@ho-chunk.com

Comments will be accepted until May 6, 2011 at 4:00 PM.

Comments may be dropped off in person or mailed to:

Ho-Chunk Nation
Department of Labor
ATTN: TERO DIRECTOR
PO BOX 667
Black River Falls, WI 54615

NOTICE OF VACANCY

The Ho-Chunk Nation TERO Commission is seeking applicants to fill one (1) Vacancy.

Duties:
Carry out the provisions of this Ordinance, in accordance with the policy of Indian Preference in employment and in contracting, as established by the Ho-Chunk Nation Legislature. The Commission shall be free from interference from any branch of the Ho-Chunk Nation government in carrying out their duties under this Ordinance.

Adopt, amend, or rescind rules and regulations and to develop and implement policies and guidelines necessary to carry out the provisions of this Ordinance.

Adopt bylaws and internal rules to govern the activities and procedures of the Commission.

Serve in an advisory capacity to the TERO and meet the program staff for the purpose of securing information relative to its advisory duties.

Qualifications:
Enrolled member of the Ho-Chunk Nation
Knowledge and familiarity with the TERO Ordinance
Knowledge and understanding of employment issues
Business experience, Board experience and flexible scheduling are beneficial.

Application Deadline: Until Filled

Interested applicants may obtain a TERO Commissioner Application from the Ho-Chunk Nation Department of Labor. Return the application along with your resume, a copy of your Tribal I.D. Valid Driver's License and Proof of Insurance to the Tero Department. The application may be dropped off in person or mailed to:

Ho-Chunk Nation
Department of Labor
ATTN: TERO DIRECTOR
PO BOX 667
Black River Falls, WI 54615



LEARN TO GROW INDIAN CORN

If you are interested in growing your own Indian Corn, Heritage Preservation will be distributing seed packets for tribal members. *(Limit one bag per household.)*

SEED PACKETS

You may pick up a seed packet at the HCN DNR office, located on the ground floor of the HCN Executive Building in BRF.

DNR WILL BE PLANTING CORN FOR 2011 SEASON IN BARABOO FOR TRIBAL MEMBERS TO TEND AND HARVEST.
Details and directions will be posted online and in future newspapers.

HCN Organic Gardening Cooperative will also be planting Indian Corn near Tomah. Contact Woodrow White, Department of Education for more information.

Check our Website!

www.ho-chunknation.com
Under Government/Executive /Heritage Preservation/DNR

Hurry in - we have a limited supply of seed packets!
Questions? Contact HCN DNR @ 715-284-2852

Monthly Board Meeting

Ho-Chunk Housing & Community Development Agency (HUD)

Thursday, May 12, 2011 • 6:00 PM

Majestic Pines Hotel Meeting Room, Black River Falls

Board: Lee Brown Jr., Howard Swallow, Colin Carrimon, Rachel Winneshiek, Martin Littlewolf Jr., Carson Funmaker, Lisa Stroessner, Cheri Byhre, and John Dall

Agenda items by noon, May 5, 2011
Contact Board Secretary at Ext. 222
HHCDA (608) 374-1245 Ext. 222 Fax: (608) 374-1251



Volunteer!

Did you know that waste and fraud cost the Medicare program over \$60 billion every year?

You can help save those dollars by becoming a volunteer for the Wisconsin Senior Medicare Patrol (SMP). We're training senior leaders to teach others how to:

- Identify and report problems on their Medicare Summary Notices
- Protect their personal information
- Be smart health care consumers

To learn more, call
(800) 488-2596

www.wisconsinsmp.org



Ho-Chunk Nation

YOUTH COORDINATOR

Tomah, WI

Qualifications: High school diploma or equivalent. Two years of experience working with youth in a structured program. Working experience facilitating youth discussion groups. Must have knowledge of Ho-Chunk or Native American culture and traditions. Working experience with Microsoft; Outlook, Word, Excel, Access, PowerPoint and Publisher. Must lead a non-abusive lifestyle; alcohol-free, substance-free and free of domestic violence required throughout employment. Must meet the "Minimum Standards of Character criteria" regarding a criminal background check as a condition of employment when working with Native American children. CPR certified or must be certified within 90 days of hire. Valid driver's license, dependable transportation and proper insurance. "This position requires compliance with the Indian Child Protection and Family Violence Prevention Act, 25 U.S.C. Part 3207(c) and shall be subject to a background investigation as a condition of employment."

We offer 401(K), Health, Dental, Vision, and Life benefits.

APPLICATION/RESUME

Please submit to:
Ho-Chunk Nation, Department of Personnel
P.O. Box 667 Black River Falls, WI 54615
PHONE: (800) 232-0086 FAX: (715) 284-9465
Application/Resume Deadline:
May 4, 2011 at 4:00 p.m.
See our jobs online at: www.ho-chunknation.com

11th Annual All-Nations Volleyball Tournament

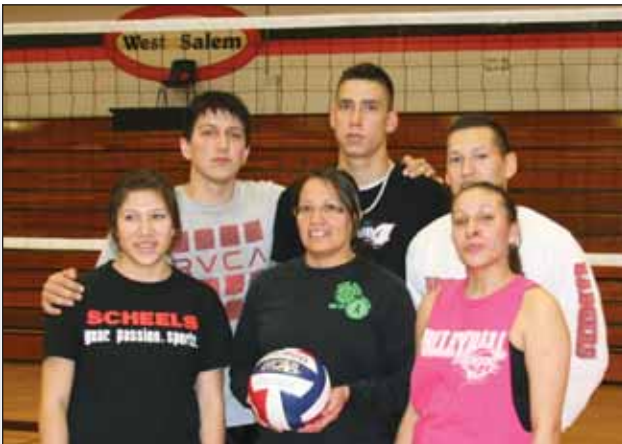
Submitted by Zachary Thundercloud
Assistant District Manager
The District I Community Center hosted the 11th Annual All-Nations Volleyball Tournament on Saturday, April 16, 2011, at the Black River Falls Senior High.
The following Eight Teams participated with All-Native winning 3rd place, Spike Lee Joints getting 2nd, and Bad Habit winning the Championship. Team members for these three were as follows:
All-Native from Winnebago, NE 3rd place

- Brian Chamberlain, Orlando LoneWolf, Rod Snow, Trina Solomon, Amy Blackbird, Carmelita Sharpback
Spike Lee Joints from Black River Falls, WI 2nd
- Roman Leonard, Randall Blackdeer II, Kole McGeishick, Nellie Blackdeer, Ashley Rave, Katie Funmaker
Bad Habit from Keshena, WI Champions
- Colleen Waukechon, Saswaen Waukechon, Darcie O'Kimosh, Nicole White, Mike Wil-

bur, and Tim Dixon
other teams were:
- Bump and Grind from Mille-Lacs, MN
- Pit Crew from Black River Falls, WI
- U Got Served from Cloquet, MN
- Transformers from Black River Falls, WI
- Stone Lake from Stone Lake, WI
Special Thanks to the Youth Services Staff for running the Concessions and the Black River Falls Senior High School for helping set and clean up.



1st place – Bad Habit from Keshena, WI.



2nd place – Spike Lee Joints from BRF, WI.



3rd place – All Native from Winnebago, NE.

CONGRATULATIONS!

Congratulations to Chief Daniel Libke for completing the Criminal Justice – Law Enforcement program through the Chippewa Valley Technical College on April 8, 2011.

HAPPY 1st BIRTHDAY

Leora Elaine Kassanavoid
April 30th, 2011
Love: Gaga Anna, Mom, Dad,
Sisters: Shaila, Rane, Jennie, Tega Dale, Auntie Angellica, & Bella

NOTICE

SPECIAL TERO COMMISSION MEETING

May 7, 2011 - (Saturday) - 9:00 a.m. – 3:00 p.m.
Comfort Inn & Suites, Oaks Room
W10170 Highway 54 East, Black River Falls, WI
FOR MORE INFORMATION CONTACT:
Nicholas Kedrowski, TERO DIRECTOR, 1-(800) 294-9343 X 1141

A Night of Remembrance

Join us in honoring Survivors of Cancer and in the remembrance of those that have gone on.

We Remember You In The Living

Friday, May 27, 2011
Powwow Grounds
Black River Falls
5 pm ~ Meal
4pm-6pm ~ Luminary Sales
6pm-7pm ~ Drum-Program
7pm-10pm ~ Walk & DJ

Contact Linda DeLay @ 715-284-9851 Ext. 5329 to register individually or your team.
The Ho-Chunk Nation Cancer Task Force is not responsible for accidents and all children under 12 years of age attending this event need to be supervised by an adult. Thank you for your cooperation.

Devoted Father - Loving Husband
Cherished Son - Brother and Friend
Always Loved - Forever Remembered

Kelly “Bucky” Decorah

January 9, 1970 – March 3, 2011

Thank you to those you who sent thoughtful words and kind prayers to our family during this hard time.
Your presence and support meant a lot to the children and I.
Kelly “Bucky” Decorah will be sadly missed and always in our hearts.
The memories we have of him will never be forgotten.

Sincerely, Doddie Decorah and children

For more information on the
WENA Youth Contest Powwow
at the HOW on April 30,
please call Miriam Whiteagle
at 608-658-9955.

Rapper Wayne “Buggin” Malone recognized

His music nominated for a North American Indigenous Image Award

John Kozlowicz
Staff Writer

From his home in Wisconsin Rapids, Wayne “Buggin” Malone continues to write, record and produce his music. The 35-year-old Native (Ho-Chunk, Oneida, Potawatomi) rapper, who labels his music “conscious hip-hip,” create lyrics that focus on a range of issues ranging from suicide and AIDS prevention to protecting the environment.

For his efforts “Buggin” was recently nominated for a **North American Indigenous Image Award-NAIIA**. The NAIIA recognizes and promotes the advancement of Native American and Canadian Aboriginals for their effort in the entertainment industry. Winners will be announced April 29 at the Hard Rock Hotel & Casino in Albuquerque, NM.

“Buggin” is one of five nominees competing for *Outstanding Hip Hop Rap Album*. His latest album, “The Rapture,” features 13

songs that cover a range of topics, including “Hold On,” a song that focuses on suicide prevention. “It is a song that is to uplift our youth. It talks about the daily struggles children face. That no matter how hard life can get, they need to ‘Hold On’ because tomorrow is a brighter day. It brings awareness.”

A previous winner of a **NAMMY**, a music award given to Native artists, “Buggin” explained the difference between the two awards. “The **NAMMY** is strictly for music,” he said. The **NAIIA**’s are given in various genres and are also a kind of recognition of who stands out in Indian Country, he said. Performers in other categories besides music will also be recognized by the **NAIIA**. Those categories include; *Outstanding Actor, Outstanding Actress, Outstanding Calendar, Outstanding Comedy Performance, Outstanding Magazine, Outstanding Feature Film, Outstanding*

Short Film.

Aware that rappers are often mistakenly portrayed as sending only negative messages to their listeners, “Buggin” added that while his music addresses controversial social topics, his lyrics always send a positive message. His songs particularly target the younger generation and the social problems they encounter. Noting, for example, that teen suicide is a topic of growing concern in Indian County, “Buggin” said that “Hold On” recognizes that “a lot of people are going that route” and his lyrics offer another option.

He added that he hopes his music serves to inspire young people looking to do something positive and make a difference. Recalling that he has overcome many personal obstacles in his own life, “Buggin” hopes his success will encourage others to follow their dreams. “God gave us all a talent,” he said. He urges that today’s youth find something positive



Rapper Wayne “Buggin” Malone, nominated for Outstanding Hip-Hop album.

that they can do. Aware that many teens are told that they can’t succeed, he challenges today’s youth to overcome the naysayers. “It’s never too late to turn your life around,” he said. “Follow that dream.”

Throughout the years, “Buggin” has performed at concerts throughout Wisconsin, Indiana and Iowa. His music can be downloaded at itunes.com and cdbaby.com



House of Wellness Lifeguard Certification Class participants (L-R): Cassie Hindsley, Emily Goodbear, Brittany Yazzie, Taylor Webster, and Stan WhiteEagle.

Congratulations! Certified Lifeguard recipients

Submitted by Cheryl A. Kidd – HOW Aquatic Supervisor

The Ho-Chunk House of Wellness held its first Lifeguard Certification Class for the Ho-Chunk Nation from April 4-7, 2011, instructed by Cheryl Kidd-Aquatic Supervisor. We had 5 participants from the area: Taylor Webster, Stan WhiteEagle, Brittany Yazzie, Emily Goodbear, and Cassie Hindsley.

They were taught skills and knowledge needed to prevent drowning, injuries, and how to recognize and respond to aquatic emergencies. The certifications of lifeguarding will help each of them in their opportunities for future employment in the aquatic industry. Their Lifeguarding/First Aid certification is valid for 3 years and CPR/AED for the Professional Rescuer is valid for one year.

“They were an awesome class and worked very hard!! I am very proud of each one of them!!”

The Ho-Chunk House of Wellness will be holding another evening/ weekend Lifeguard Certification Class from May 12-May 17. Ho-Chunk Youth are encouraged to attend. Please Contact Cheryl Kidd-Aquatic Supervisor at the House of Wellness to register for the class.

Week of the Young Child

Sara L. Peterson
Staff Writer

April 11, 2011 the Ho-Chunk Executive building had a special visit from the Sand pillow head start children. The young children proudly displayed their artwork and entertained viewers with some songs, including a Ho-Chunk song.

The purpose of the visit was to celebrate the national “Week of the Young Child”, that is held every April 10-16. This week is specifically dedicated to the young children, and to promote their education and their futures.



Artwork of the children was displayed in the Executive building Atrium to be enjoyed by all.

Daycares and schools throughout the country are celebrating by hosting special activities, parties for the children, and activities specifically focused on this week. Balloons and artwork line the halls at many of the local head starts and child learning centers.



Sand Pillow head start children getting ready to sing, in celebration of the Week of the Young Child.